

What is claimed is:

1. A cable support comprising:
 - a base;
 - 5 an attachment arrangement on said base for anchoring to a surface;
 - a first holding member integral with and extending from said base;
 - an arcuate cable holder on said first holding member;
 - a deformable member on said first holding member;
 - a second holding member integral with and extending from said base; and
 - 10 a cable rest on said second holding member;wherein a cable may be placed on said rest and said deformable member deformed toward said base to secure said cable to said support.
2. The cable support of claim 1 wherein said attachment arrangement includes a head
- 15 integral with and extending from said base and one or more apertures in said head.
3. The cable support of claim 2 wherein said head extends at an angle of 90 degrees from said base.
- 20 4. The cable support of claim 2 wherein
 - said head is rectangular and extends in the same plane as said base;
 - three ears extend at a 90 degree angle from each side of said head away from said base; and

said ears include an aperture.

5. The cable support of claim 1 wherein said first holding member extends at a 90 degree angle from said base.

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6. The cable support of claim 5 wherein said deformable member extends at an angle of 90 degrees from said first holding member.

7. The cable support of claim 6 wherein said arcuate cable holder includes therein
10 between 260 and 280 degrees of arc.

8. The cable support of claim 7 wherein said deformable member extends from said first holding member at between 155 and 165 degrees of said arc.

15 9. The cable support of claim 8 including a channel between said deformable member and said base.

10. The cable support of claim 9 which further includes a slot in said first holding member.

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11. The cable support of claim 10 wherein said slot may be fitted with a tool to deform said deformable member toward said base.

12. The cable support of claim 11 wherein said cable support is constructed of steel.

13. The cable support of claim 12 wherein said cable support is constructed from sheet steel that is between 14 and 20 gage.

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14. The cable support of claim 1 wherein said second holding member extends at 90 degrees from said base.

15. The cable support of claim 14 wherein said cable rest is a V-shaped end on said
10 second holding member.

16. The cable support of claim 15 wherein said cable rest includes a tab extending from one side of said V-shaped end.

15 17. The cable support of claim 1 wherein said first and second holding members constitute a first set of holding members and said cable support includes a plurality of additional sets of first and second holding members extending from said base with said additional sets aligned parallel to said first set of holding members.

20 18. The cable support of claim 17 wherein said sets of holding members are four in number and said sets extend from a first side of said base.

19. The cable support of claim 17 wherein said sets of holding members are eight in number and four of said sets extend from a first side of said base and four of said sets extend from a second side of said base.

5 20. A method of supporting cables including the steps of:

providing a base;

providing an attachment arrangement on said base for anchoring to a surface;

providing a first holding member integral with and extending from said base;

providing an arcuate cable holder on said first holding member;

10 providing a deformable member on said first holding member;

providing a second holding member integral with and extending from said base,

said first and second holding members comprising a first set of holding members;

providing a cable rest on said second holding member;

providing a slot in said first holding member;

15 securing said base to a surface;

placing a cable within said arcuate cable holder on said first holding member and

against said cable rest on said second holding member;

inserting a screwdriver or similar leverage tool into said slot;

bending said first holding member until said deformable member secures said

20 cable against said base;

providing additional sets of holding members extending from said base and

arranged parallel to said first set of holding members, each set of holding members

including at least one deformable member;

placing additional cables within each of said additional sets of holding members;

and

bending each of said deformable members to secure each of said additional cables against said base and thereby forming a set of cables parallel to one another and secured

5 to said surface.